Milo Crocchini

Psychologist | BA-Psych, MPsych, GDipPsych, MAPS

My Story...

My name is Milo Crocchini. I am a registered psychologist with more than 15 years of experience, combining diverse therapeutic approaches to enhance my clients' well-being.

I have expertise in Psychodynamic, Cognitive Behavioural Therapy (CBT) and Dialectical Behaviour Therapy (DBT). These frameworks address the mind-body connection and empower clients to build resilience.

My evidence-based approach prioritises individual needs, creating a safe and confidential space for clients. I tailor treatment plans to foster emotional fulfilment and mental health, incorporating Mindfulness-Based Stress Reduction (MBSR) and Attachment-Based techniques.

I treat adults and couples only and provide treatment for all mental health disorders and conditions with a focus on:

- Depression
- Anxiety
- Relationship issues

My Specialties...

Mental Health

Book Appointment with Milo Crocchini

Click Here

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Social